

Home Practice Up & Go Sequence



1. Tadasana



2. Urdhva Hastasana



3. Uttanasana



4. Adho Mukha Svanasana



5. Adho Mukha Virasana



6. Adho Mukha Svanasana



7. Padangustasana



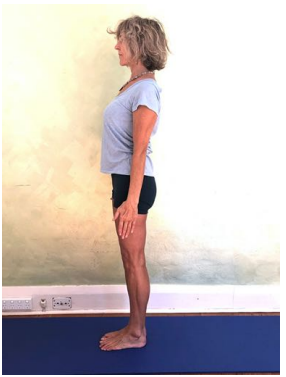
8. Tadasana



9. Utthita Hastapadasana



10. Utthita Trikonasana



11. Tadasana



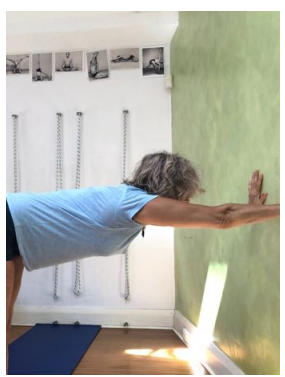
12. Utkatasana



13. Tadasana



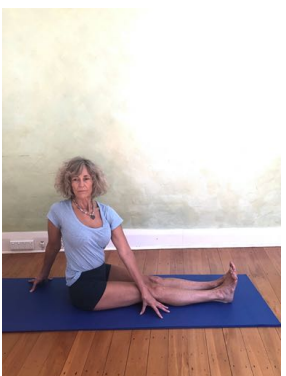
14. Virabhadrasana 2



15. Ardha Uttanasana OR
Adho Mukha Vrksasana



16. Dandasana



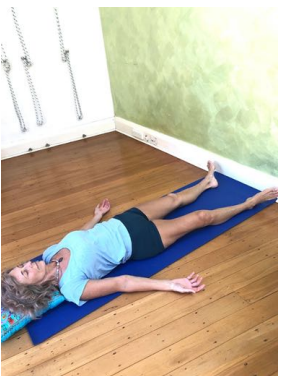
17. Parsva Vrksasana



18. Marichyasana 3



19. Setubandha Sarvangasana



20. Savasana

This sequence takes 20/30 minutes. You can eliminate asanas for timing. Sirsasana & Sarvangasana can be added after Marichyasana 3